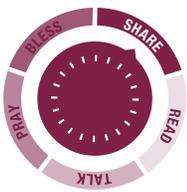


Worship Wednesday

around the table

Self Care & Healing Faith5



Go for a walk and discuss:

Name an emotion

What does it feel like for you?

What makes you feel better/more centered?

What did you learn about each other?

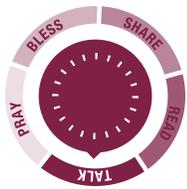


Today's God's Great Story of all of creation

Acts 3:1-10 is the story of Paul healing a man

What are some other stories of healing in the Bible?

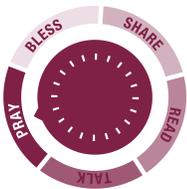
What do you notice about the person who was healed in those stories?



10,000 Reasons

When you're overwhelmed, sometimes it's really helpful to think of all the blessing you have and list reasons you have to be thankful.

While listening to the worship song 10,000 Reason, share together or list on your own reasons you have to be thankful. See if you can get close to 10,000!



Four Corners Prayer

Feeling connected to the earth can help us feel grounded when we're anxious. Try doing the Four Corners Prayer on the following page together or alone.



Meditation Blessing

Taking a moment to just breathe can help when we're feeling stressed. Breath is one of the greatest and simplest blessings God has given up.

Try the Meditation Exercise at the end of this week's video or simply find a quiet space to practice taking deep breaths. As you breathe in feel imagine being filled with God's peace. As you breathe out imagine letting go of things that are causing stress.

Four Direction Prayer for Families

A Four Direction Prayer comes from a way that many Native American people pray to connect deeply with both God and all creation. There are many different tribes of Native people, and many ways that people say this prayer. But that is what makes this prayer special. No matter how this is prayed, the most important part is that you pray from deep in your heart. This is a great way to start and end each day. This is a simple prayer for families to use with their children and youth that holds the values that each direction represents. as you pray from your heart.

Directions: Before you begin your prayer with your family, take some time and walk around your yard and house to find items that represent these areas of God's creation: Earth, Water, Sky, Animals, People. While you are looking, talk about what a family is. Who is a part of your family? Then talk about these different areas of items. These items are all a part of God's creation and are a part of your family to. Because we are all a part of God's family together. So just like we show love to our parents, grandparents, siblings etc., we think about these items as a part of our family too! So how do we show love to the rest of our family in creation?

(Stand facing South)

*God,
Thank you for today,
and for all your creations.*

(Stand facing West)

*Give us courage,
So we can have a good day.*

(Stand facing North)

*Thank you for your love,
We pray for all creation to feel love to.*

(Stand facing East)

*God show us ways
To be kind in actions and words to all creation.*

(Turn back to where you started, facing South)

*Thank you, God, for a beautiful world you made.
(this is the time to lay down on the ground the pictures
And items that you and your family found to represent
God's creation including, land, plants, animals, people, etc)
Help us find a way to see the world
In new ways everyday.
So we can see your love all around us.
AMEN*